

## Premier Air Force performers bring show to Elmendorf



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PHOTO BY STAFF SGT. SUELLYN NUCKOLLS



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# Wing commander outlines DUI policy

By Staff Sgt. Francesca Popp  
3rd Wing Public Affairs

Brig. Gen. Hawk Carlisle is going to give all 3rd Wing members a day off if the wing remains DUI-free until March 1.

The incentive will reward those 99 percent of people who reach out to the other 1 percent and help them stay on the right path.

The 3rd Wing commander said that since Jan. 1, there have been zero driving while under the influence of alcohol incidents, and he wants the trend to continue.

“If we make it to March 1 without a DUI, I am going to give everyone assigned to the wing a day off during the month,” he said. “However, if one person gets a DUI, the squadron he or she is assigned to will not have a day off. If there are two or more DUIs between now and March 1, the deal is off.”

The commander said he has a zero tolerance policy for DUI.

“I can’t stand the thought of a person who drinks alcohol then decides to drive. There are too many risks involved and it can potentially change the rest of that person’s life,” the general said. “The risk is too great when you think about the possibility of injuring yourself or someone else.”

Every action has a consequence.

Each person who receives a DUI on or off base will have the punishment looked at on a case-by-case basis. Commanders have stated they intend to extend the harshest punishment allowed to any member who receives a DUI to include a court martial, Article 15 and even discharge from the Air Force. However, the military can’t impose double jeopardy on an Airman if they are stopped for a DUI off base. But, commanders can take administrative action against offenders. A person could receive administrative letters, have an unfavorable information file opened on them or possibly be

administratively discharged.

“The Airman should be prepared for the worst punishment to be given out,” he said.

General Carlisle added that each person within the wing, who is caught while driving under the influence of drugs or alcohol, will report to his office the next duty day after being released from jail. The offender will be in service dress and arrive with their immediate supervisor, first sergeant, squadron commander and group commander.

“Airmen who report to my office after receiving a DUI should tell others how bad it feels to report to the commander,” General Carlisle said in regard to spreading the word about the consequences of drinking and driving.

He added that people should tell others how drinking and driving affected their life. In General Carlisle’s case, his cousin made a life-altering decision to drink and drive.

“My cousin and I grew up together in southern California. We were very close. I had just left for the [Air Force] Academy. He had plans to go to the University of Southern California and wanted to help change the world. One night, he made a decision that changed the rest of his life,” the commander said.

“He was 19 then, and had drunk several beers. He decided to drive home. On the way home, he drove his car off a cliff. It rolled several times before it came to a stop. My aunt called me to tell what had happened. My cousin survived the accident, but has severe brain damage. Today, he cannot take care of himself and can barely walk.”

General Carlisle said there are many reasons why people drink alcohol and then drive, but the most common is age.

“Demographics show that Airmen who drink alcohol and then drive are typically young, junior-ranked males,” he said. “They have

the attitude that it can’t happen to them and that they’re invincible.”

But, that’s not the only group to be concerned with, he said. “Many offenders I’ve met feel that after they had several drinks, they think they’re fine to drive, but in reality they’re not. Again, that’s where we need to be a team and look out for one another especially when someone is not capable to drive.”

Before going out for a night on the town, the commander encourages everyone to have a plan. He said people should appoint a designated driver, hide extra money, about \$20, in their pocket for a cab ride, or walk to a hotel or friend’s house and stay the night. If that plan fails, have a back up plan. People should get an Operation Safe Ride card from their first sergeant. The card allows people to call a participating cab company, get a ride home and pay the fare later. They should also be able to call a supervisor or friend to pick them up and get them home safely. Furthermore, members can call Airmen Against Drunk Driving at 552-HOME (4663) midnight-4 a.m. Saturdays and Sundays.

“Having a plan also means that someone has your back – a wingman,” the general said. “The wingman should be there for you when you have the lapse in judgment. The wingman – a family member, friend or co-worker – will be the person who takes the keys from you when you start drinking.”

General Carlisle said he wants everyone to accomplish their life’s desires, and to do so, we should all take care of each other.

“One or more drinks can slow a person’s reflexes, decision making capabilities and can potentially cause an accident. I encourage people to think twice before drinking and driving,” the general said.

Ultimately, he said this wing, or any Team Elmendorf unit, can’t afford to lose a valuable member due to drinking and driving.



**Tech. Sgt. Lori Hayworth**, 12th Fighter Squadron, exemplified NCOIC leadership by guiding her team to re-engineer all diverse office-task checklists consisting of more than 300 compliance items – the final step in making her shop 100 percent Unit Compliance Inspection ready. Her team also garnered all 3rd Operations Group Annual Aviation Resource Management awards. Finally, she was selected to the Thunderbirds as “far and away the best aviation resource management candidate” according to the Thunderbirds’ operations officer.



**Brig. Gen. Hawk Carlisle**  
3rd Wing commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

**552-2224**

**actionline@**

**elmendorf.af.mil**

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

**Key phone numbers:**

Col. Mike Hass, 3rd CES/CC  
552-3007

Lt. Col. Mark Allen, 3rd SVS/CC  
552-2468

Lt. Col. Brett Meyer, 3rd SFS/CC  
552-4304

## Blood Drive

The monthly blood drive takes place from 9:30 a.m.-3:30 p.m. Monday at the Arctic Oasis.

To schedule an appointment, contact your unit blood drive monitor or 1st Lt. Veronica Acker at 552-9982, e-mail [veronica.acker@elmendorf.af.mil](mailto:veronica.acker@elmendorf.af.mil), or 1st Lt. Kathryn Jones at 552-9942, e-mail [kathryn.jones@elmendorf.af.mil](mailto:kathryn.jones@elmendorf.af.mil).



## Sourdough Sentinel

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For more information, call the *Sourdough Sentinel* office at 552-2493 or 552-8941, e-mail: [sourdough.sentinel@elmendorf.af.mil](mailto:sourdough.sentinel@elmendorf.af.mil), fax us at 552-5111, or write to us at: 3rd WG/PA, 10480 22nd St. Ste. 119 Elmendorf AFB, AK 99506

## 3rd Wing Moment in History

**Jan. 23, 1942:**



The 3rd Bomb Group arrived at Fort Mason, Calif., and was housed in a farm machinery warehouse while awaiting transport to Brisbane, Australia.



# Two Arctic Warriors Killed in Iraq



COURTESY PHOTO

Tech. Sgt. Jason Norton

Two Arctic Warriors were killed and another injured Sunday when their vehicle struck an improvised explosive device.

The Airmen were conducting convoy operations in the vicinity of Taji, Iraq.

Tech. Sgt. Jason L. Norton, 32, of Miami, Okla. and Staff Sgt. Brian McElroy, 28, of San Antonio, Texas, were both assigned to the 3rd Security Forces Squadron.

The injured Airman was assigned to the 3rd Logistics Readiness Squadron.

“Our deepest condolences go to their families, friends and co-workers,” said Col. Scotty Lewis, 3rd Wing vice commander. “The thoughts and prayers of the leadership, to include myself, Brig. Gen. [Hawk] Carlisle and Lt. Gen. [Douglas] Fraser go out to their families, friends and co-workers.”

There will be a memorial ceremony for the Airmen at 4 p.m. today at Chapel 1.

Life Skills and the chaplains are available to anyone interested in talking or in need of their services.



COURTESY PHOTO

Staff Sgt. Brian McElroy

## Volcanic eruptions: cleanup after an ash fall

By Master Sgt. Tommie Baker  
3rd Wing Public Affairs

Tired of shoveling snow? Wish it would stop?

Be careful for what one wishes, sweeping ash could take the place of shoveling snow.

In the event Mount Augustine, or another of Alaska's active volcanoes erupts again and dumps ash on Anchorage and Elmendorf, here are some tips on how to clean up.

Ash doesn't disappear like snow, according to the U.S. Geological Survey Web site, it turns into a cement-like substance when water is added, gets re-suspended in the air when it's swept, and the tiny ash particles clog air filters, electronic equipment and more.

“The stuff gets everywhere,” said Larry Opperman, 3rd Civil Engineer Squadron Resources Flight remedial project manager, who was at Elmendorf in 1992 when Mt. Spurr erupted and dropped a few millimeters of ash on South Central Alaska. “There was an ash film on desks, on clothes, everywhere – it was just a mess.”

Before an ash fall, minimize potential damage by covering vehicles, appliances, and electronics with plastic and sealing the edges with tape, if possible. Close doors, windows, and air vents, and place wet towels/tape around non-airtight edges, according to the 3rd Civil Engineer Squadron readiness flight.

While covering items can minimize ash infiltration, it won't completely prevent it, said Mr. Opperman.

“Volcanic ash gets everywhere. At home, we double-covered our car with tarps, but the ash still got through. The defroster in my wife's car was blowing out volcanic ash for five or six years,” he said.

“When I was on base, we had everything covered in plastic: the computers, scanners, printers, and even the telephones were covered in plastic, but the ash just got everywhere, it didn't matter how sealed up you were.”

To make cleanup as easy as possible, the Washington State Emergency Management Division recommends minimizing driving and other movements that re-suspend ash.

In addition, WSEMD recommends lightly dampening ash before shoveling it into contain-

ers for disposal. Wear a N-95 National Institute of Occupational Safety and Health-approved respirator to minimize the respiratory irritation caused by inhaled ash.

When washing surfaces down, like driveways, do not let ashy water drain into gutters or storm drains, as this could cause a bigger problem by clogging the sewer system, warns WSEMD.

“Breathing was the toughest thing to deal with during cleanup,” said Mr. Opperman. “The dust would powder up when you walked in it. The best way to deal with it was wet. Just spray it down lightly; if you wet it down too much, it turns into a glob.”

Shovels were the cleanup tool we used most, said Mr. Opperman. “There wasn't as much ash as people think we had, only maybe an eighth of an inch, but it was still enough to make a mess. I used a shovel to push the ash off my driveway into the grass.”

“The biggest challenge during ash cleanup is ensuring the safety and operability of personnel and equipment,” said Staff Sgt. Megan McNeese, 3rd CES Emergency Management Office. “For example, it's important to get people to wear their masks properly and to take good care of their equipment, like changing the filters in vehicles after they are driven.”

Senior Master Sgt. David Hudson, 3rd CES Emergency Management Office, said being prepared is the main thing. “Have the necessary items, like plastic bags, shovels, brooms, and masks, so you can be prepared to recover.”

Buying extra vehicle air filters and masks is a good idea, said Mr. Opperman. In 1992, people couldn't find filters for cars after the ash fall because they were in such high demand, he said.

Preparations should be in line with the color-coded eruption warnings issued by the Alaska Volcano Observatory, said Sergeant Hudson. When the threat is elevated to yellow, people should make sure they have the proper protective and cleanup equipment. When the level is increased to orange, covers should be put on everything you don't use daily.

“When you get to red, it's too late,” he said. “If you have a special piece of equipment in your duty section that only you have on this base, it might behoove you to have an extra filter, cover it – just basically take steps to protect it,” said Sergeant Hudson.

“Have your masks ready, have extra air filters for your vehicle, don't drive if you don't have to, and be prepared for the emotional effect of the approach of an ominous ash cloud,” said Mr. Opperman. “Let's hope we don't ever get a big ash fall.”

For more information on preparation for and cleanup after a volcano eruption go to [www.avo.alaska.edu](http://www.avo.alaska.edu), [www.fema.gov/hazards/volcanoes/volcanof.shtm](http://www.fema.gov/hazards/volcanoes/volcanof.shtm), [http://vulcan.wr.usgs.gov/Hazards/Safety/what\\_to\\_do\\_during\\_ashfall.html](http://vulcan.wr.usgs.gov/Hazards/Safety/what_to_do_during_ashfall.html) or <http://www.ak-prepared.com/plans/mitigation/list.htm> or call the Alaska Division of Emergency Services at Fort Richardson, (907) 428-7000.

### What to do during and after an ash fall

#### In your home:

- Close doors, windows and dampers. Place damp towels at door thresholds and other draft sources; tape drafty windows.
- Dampen ash in yard and streets to reduce re-suspension.
- Put stoppers in the tops of your drain-pipes (at the gutters).
- Protect dust sensitive electronics.
- Since most roofs cannot support more than four inches of wet ash, keep roofs free of thick accumulation. Once ash fall stops, sweep or shovel ash from roofs and gutters.
- Remove outdoor clothing before entering a building. Brush, shake and pre-soak ashy clothing before washing.
- If there is ash in your water, let it settle and then use the clear water. In rare cases where there is a lot of ash in the water supply, do not use your dishwasher or washing machine.
- You may eat vegetables from the garden, but wash them first.
- Dust often using vacuum attachments rather than dust cloths, which may become abrasive.
- Use a battery operated radio to receive information.

#### Children

- Follow school's directions.
- Keep children indoors; discourage active play in dusty settings. Dust masks do not fit well on small children.

#### Pets

- Keep pets indoors. If pets go out, brush or vacuum them before letting them indoors.
- Make sure livestock have clean food and water.
- Discourage active play in dusty settings.

#### Vehicles

- If possible, do not drive; ash is harmful to vehicles.
  - If you must drive, drive slowly, use headlights, and use ample windshield washer fluid.
  - Change oil, oil filters, and air filters frequently (every 50 to 100 miles in heavy dust, i.e., less than 50 feet visibility; every 500 to 1,000 miles in light dust).
  - Do not drive without an air filter. If you cannot change the air filter, clean it by blowing air through from the inside out.
  - If car stalls or brakes fail, push car to the side of the road to avoid collisions. Stay with your car.
- (Courtesy of <http://vulcan.wr.usgs.gov>)



COURTESY PHOTO

Elmendorf Airmen clean-up ash after the 1992 Mt. Spurr eruption.

# Base library reopened Monday

By Senior Airman Jared Marquis  
3rd Wing Public Affairs

The base library reopened Monday after it underwent two months of renovation. The library closed Nov. 8, said Ed Luteran, 3rd Service Squadron base library, so the facility could be re-carpeted. Because of the scope of the work, all materials, shelving, furniture, computer systems, cabling, and telecommunications equipment were completely removed, said Mr. Luteran. In addition to carpet removal and installation, renovation crews had to remove any potentially hazardous material from the floors underneath the carpet, said Mr. Luteran. The \$106,000 renovation, resulted in “An overall neater appearance that will encourage greater appreciation of services provided by this activity. The new carpeting will also enhance the newly installed furniture. A neater appearance will improve the [patron’s] frame of mind, by presenting a newer, fresh and relaxed look,” said Mr. Luteran. In addition to the renovation, the library staff has several ideas to help improve the look and feel of the library. “Drapery replacement and installation are pending,” said Mr. Luteran. “We are also looking at revamping our back office space by putting in a coffee bar, along the lines of other major bookstores, which allow customers to have refreshments while they read.” For more information, call Capt. Wayne Stiles at 552-7245.



## Sourdough Spotlight



### Congratulations to the following award winners

- 3rd Maintenance Group**  
*2005 Pacific Air Forces  
Daedalian Award Winner*
- 3rd MSS Military Personnel Flight**  
*2005 Pacific Air Forces  
Gerrit D. Foster, Jr. Outstanding Military  
Personnel Flight Achievement Award*
- 1st Lt. Kelly York,**  
**3rd Mission Support Squadron**  
*2005 Pacific Air Forces  
Company Grade Officer Manpower and  
Organization Award for Professional  
Excellence*
- Jan Johnson, 3rd MSS**  
*2005 Pacific Air Forces  
Manpower and Organization Award for  
Professional Excellence*
- Dianne Harrison, 3rd MSS**  
*2005 Pacific Air Forces  
Outstanding Civilian Intermediate  
Program Manager, Category III-B*
- Lenell White, 3rd MSS**

- 2005 Pacific Air Forces  
Air Force Education and Training  
Manager of the Year,  
Civilian Category II-D*
- Senior Master Sgt. David Carlson,**  
**3rd MSS**  
*2005 Pacific Air Forces  
Outstanding SNCO Personnel  
Manager of the Year*
- Senior Airman Evelyn Jones-Dillion,**  
**3rd MSS**  
*2005 Pacific Air Forces  
Outstanding Airman Personnel  
Manager of the Year*
- Senior Master Sgt. Daniel Chadwick,**  
**3rd MSS**  
*2005 Pacific Air Forces  
Career Assistance Advisor of the Year*
- 3rd Wing Safety Office**  
*2005 Pacific Air Forces  
Explosive Safety Award  
Weapons Safety Award  
Aero Club Safety Certificate*





# Helpful tax tips for Arctic Warriors

By Army Sgt. Sara Wood  
American Forces Press Service

Tax season has once again arrived, and military members should know several things to make their returns easier and more beneficial, said military officials.

One of the most notable changes to the tax code this year is the addition of provisions for victims of hurricanes Katrina, Rita and Wilma, said Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council.

The provisions for hurricane victims are lengthy and complicated, so servicemembers who were affected by the hurricane should seek advice from the Elmendorf Tax Center or the Internal Revenue Service, Colonel Fenton said. The provisions can include extensions for tax filing and help for those who lost homes or property, she said.

Servicemembers who spent time deployed have important things to keep in mind when filing their taxes, Colonel Fenton said. For example, Iraq, Afghanistan, Bosnia and Kosovo all qualify as combat zones where military income is tax exempt, she said.

For enlisted servicemembers, all income earned in a combat zone is exempt, but for officers, income is excluded up to a certain limit. For 2005, the limit for officers' tax-

exempt income was \$6,529 a month, she said.

Tax-exempt income is a great thing, but it has worked against some servicemembers by exempting them from important credits, Colonel Fenton said. Two credits that military members often qualify for – earned income credit and child tax credit – require earned income to be claimed, she said. Starting this year, servicemembers can elect to include their combat zone income to qualify for these credits, she said. She stressed that this income will not be taxed, but will allow servicemembers to receive credits for which they qualify.

“Just because you think you didn’t have earned income due to your combat zone time, it’s worth your effort to go to the tax center and find out if you do qualify for these two important credits,” Colonel Fenton said.

In addition, servicemembers in a combat zone during tax season get an automatic extension to file their taxes, Colonel Fenton said. Servicemembers have six months from the time they leave the combat zone to file, she said. Servicemembers who are stationed elsewhere overseas have a two-month extension to file.

The Elmendorf Tax Center will open Tuesday in the basement of the People Center for military, retired military and family members. Volunteers at the center are trained by the IRS and the legal office and can

provide advice or assistance in filing taxes. Returns filed through the tax center are sent electronically, and people will receive their refunds within seven to 10 days, she said.

“The installations do serve a great benefit to the military member who wants to go and make sure that they’ve gotten the best information they can. They’ve filed it, not only accurately, but taken advantage of any of the deductions and credits that they do qualify for and they may not be aware of on their own,” she said.

The Elmendorf Tax Center is available for appointments 8 a.m.-4 p.m. Monday, Wednesday and Thursday and 1-4 p.m. Tuesday. Walk-in hours are 8 a.m.-noon Tuesday and Friday.

Military members can also get help online with their taxes. The IRS provides a free file service on its Web site, which lists several tax preparation services, many of which provide free service to military members, she said. The Web site Military One-



PHOTO BY SENIOR AIRMAN GARRETT HOTHAN

**If you need help with your taxes, call your unit tax representative, or visit the Tax Center in the basement of the People Center starting Tuesday.**

Source also provides free tax assistance to military members.

“The Internet’s invaluable; it allows you to file your taxes from your own home, if you’re comfortable enough to do that,” Colonel Fenton said.

To prepare to file taxes, servicemembers should make sure they have their W-2 forms from the military and any other jobs they had in the past year, the colonel said. Servicemembers should also make sure they have Social Security cards for themselves and their dependents.

For active-duty servicemembers, W-2s are now available on MyPay at <https://mypay.dfas.mil>. For more information, call the Tax Center at 552-3058, or get with your trained unit representative.



**Disposition of personal effects**

■ 2nd Lt. Kelsi Matwick, 3rd Mission Support Squadron, is authorized to make disposition of the personal effects of Staff Sgt. Brian McElroy, 3rd Security Forces Squadron, as stated in AFI 34-244.

An person or persons having claims for or against the estate of the deceased should contact Lieutenant Matwick at 552-2634.

■ 2nd Lt. Jeremy Harris, 3rd Communications Squadron, is authorized to make disposition of the personal effects of Tech. Sgt. Jason Norton, 3rd Security Forces Squadron, as stated in AFI 34-244.

An person or persons having claims for or against the estate of the deceased should contact Lieutenant Harris at 552-8102.

**Change of Command**

**The time for the 517th Airlift Squadron change of command has changed.**

Lt. Col. Gary Gottschall will assume command of the 517th Airlift Squadron at 2 p.m. today in Bldg. 17470.

Lt. Col. Otto Feather is the current commander.

**Volunteers needed**

The Military Equal Opportunity office is seeking volunteers to serve as committee members for the Women’s History Month and the Asian/Pacific Islander Heritage Month observance committees.

Committees are forming now and chairpersons are also needed.

If interested in volunteering call the MEO office at 552-2115 or email [3WG/ME@elmendorf.af.mil](mailto:3WG/ME@elmendorf.af.mil).

**Elmendorf passes extended**

Due to a shortage of Air Force Registered Vehicle Expiration Stickers, Elmendorf and Ft. Richardson officials have extended the grace period for all 2005 year stickers issued by Elmendorf until the end of February.

The Pass & Registration office is waiting for the shipment of its requested allocation.

For more information, call Staff Sgt. Rodrica Brown at 552-5665 or Staff Sgt. Starr Haywood at 552-5988.

**Transition Assistance Seminar change**

The Force Shaping Transition Assistance Seminar has been extended an additional half day. This is to allow for a detailed Veterans Administration Benefits briefing on Feb. 3. The seminar dates are now Tuesday-Feb. 3.

If you are potentially affected by Force Shaping call the Family Support Center at 552-4943 to sign up for this seminar.

**Self Defense Class**

The Youth Center is offering a self defense class from noon-2 p.m. Feb. 4 at the Youth Center.

The class is called “Self Defense Key Chain,” and participants will receive a key chain to keep.

The class is for ages 12 and up and costs \$35 per person. Anyone interested can register and pay at the Youth Center.

For more information, call the Youth Center at 552-2266.

**Free Turbo Tax**

TurboTax is available at no cost to servicemembers at the Military OneSource Web site at [www.militaryonesource.com](http://www.militaryonesource.com). This program is provided by the Department of Defense.

To access your 2005 W-2 on-line after Saturday, visit myPay at <https://mypay.dfas.mil/mypay.aspx>.

**JROTC opportunities**

Air Force Junior ROTC is opening 75 new units at the beginning of the 2006-2007 school year. There will be 150 positions open for retired or soon-to-be retired officers and NCOs in high schools throughout the nation.

All applicants must be retired from active duty less than five years from the effective date of employment (may be waived in exceptional cases).

If still on active duty, applicants must have applied for retirement to be effective within six months.

Instructors must meet Air Force weight and body fat standards, and have high standards of mili-

tary bearing, appearance and moral character.

For more information, call (800) 235-7682, ext. 35275 or 35300. The DSN number is 493-5275 or 493-5300.

For a list of current openings, go to <http://www.afoats.af.mil/AFJROTC/instructors.asp>.

TSA screening requirements

The Elmendorf passenger terminal is required to follow Transportation Security Administration guidelines.

For that reason, these items may now be carried in baggage: small metal scissors with a cutting edge less than 4 inches, screwdrivers, wrenches, pliers and other tools less than 7 inches. For a complete list of examples, visit the TSA Web site at [www.tsa.gov/public](http://www.tsa.gov/public).

For more information, contact the passenger terminal at 552-8588.

Renters Insurance

All Aurora Phase I and II residents are eligible for free renters insurance and may also qualify to receive \$8 credit per month if personal insurance is already in place.

For more information, call 753-1023.

Textile Arts show and tell

The Armed Services YMCA is sponsoring a Textile Arts show and tell for military spouses from 6-8 p.m. Feb. 8 at the Warrior Zone

on Ft. Richardson.

Spouses are encouraged to bring projects and share quilting, knitting, crocheting, cross stitching and needlepoint.

For more information, or to reserve a seat, call Judy Atkins at 384-9622.

SNCO Academy extension request

SNCOs enrolled in the SNCO Academy course 12 must now request extensions through the Education Office

To do this, go to [www.maxwell.af.mil/au/afiadl/main.htm](http://www.maxwell.af.mil/au/afiadl/main.htm), select customer support, then select “Ask a question/request.”

Annual Awards Banquet

The Team Elmendorf Annual Awards Banquet is scheduled for Feb. 10 at the Susitna Club Ballroom.

The social will begin at 6 p.m., and dinner will be served at 7 p.m.

Menu choices are London Broil and Halibut.

For more information, contact your unit first sergeant.

African American History Month

The African American History Month Kickoff Luncheon is scheduled to take place 11 a.m. Monday in the Susitna Club Ballroom. Dr. Alonzo Patterson, Shiloh Missionary Baptist Church pastor will be the guest speaker.

For more information, call Senior Master Sgt. Tad Alex at 552-5473.

Load Crew of the quarter

The Load Crew of the quarter competition is scheduled for 9 a.m. Feb. 17 in Hangar 5.

For more information, call 552-3746.

Heartlink Session

The Heartlink Session for new Air Force spouses is scheduled for 8:45 a.m.- 3 p.m. Feb. 9 at the Family Support Center.

For more information, or to enroll, call 552-8476

176th ACS change of command

The 176th Air Control Squadron change of command ceremony is scheduled for 10 a.m. Wednesday at the Susitna Club.

Lt. Col. Laura Kelm will assume command from Lt. Col. Samuel Walker.

Early Permanent Dividend Fund

Anyone interested in receiving their PFD early, can apply online in January and qualify for direct deposit using their myAlaska account.

You can also electronically sign your 2006 PFD online if you have a myAlaska account.

For more information or to sign up for a myAlaska account, go to [www.pfd.state.ak.us](http://www.pfd.state.ak.us).



Chapel Schedule

Catholic Parish

- Monday through Wednesday and Friday Mass: 11:30 a.m. at the Chapel Center
- Thursday Mass: 11:30 a.m. at the Hospital Chapel
- Sunday Mass: 10:30 a.m. at Chapel 1
- Sunday Evening Mass: 5 p.m. at Chapel 2
- Confession: 4:30 p.m. Sundays at Chapel 2

Protestant Sunday

- Liturgical Service: 9 a.m. at Chapel 2
- Celebration Service: 9 a.m. at Chapel 1
- Gospel Service: noon at Chapel 1
- Fellowship Praise: 6 p.m. at Chapel 1

Religious Education

- Catholic Religious Education: Sunday at 9 a.m. at the Chapel Center.
- Protestant Sunday School: 10:30 a.m. at the Chapel Center.

For more details, call the Chapel at 552-4422.





PHOTO BY STAFF SGT. ALAN PORT

### Tech. Sgt. Sonja Jenkins

**Organization and duty title:** 517th Airlift Squadron NCOIC commander’s support staff  
**Hometown:** Atlanta, Ga.  
**Hobbies:** Cooking, reading and sports  
**Mission contributions:** Ensures all squadron members’ personnel issues are met and exceeded.  
**Time at Elmendorf:** Four months  
**Time in the Air Force:** 13 years  
**Best part about being in Alaska:** The camping and skiing.  
**Quote from commander:** “Sergeant Jenkins is a great American doing great things.” Lt. Col. Otto Feather



PHOTO BY STAFF SGT. ALAN PORT

### Staff Sgt. Kimberly Waters

**Organization and duty title:** 611th Civil Engineer Squadron NCOIC hazardous materials manager  
**Hometown:** Asheville, N.C.  
**Hobbies:** Hiking, fishing, playing softball, and reading  
**Mission contributions:** Ships, receives, and keeps all hazardous materials accountable and ensures that procedures of processing hazardous materials comply with regulations.  
**Time at Elmendorf:** Seven years  
**Time in the Air Force:** 12 years  
**Best part about being in Alaska:** The summer months, because I like to be outside as much as possible.  
**Quote from supervisor:** “Tech. Sgt. Waters is a supervisor’s dream. Not only is she a true professional who fosters unity, but she has the ability to make positive things happen all the time. Recently, she took the unit’s fitness program from infancy to fruition, in minimal time, while earning respect and praise from superiors and peers.” Gary Otts



Don’t forget to wear your reflective belt during hours of reduced darkness



# Two Airmen court-martialed, others receive Article 15s, discharges

Airman 1st Class Charles Junior, 3rd Equipment Maintenance Squadron, was sentenced to six months confinement, a bad conduct discharge and reduced to airman basic for drug use and other Uniformed Code of Military Justice violations.

The defendant pleaded guilty to using marijuana on three occasions, possession of marijuana and using cocaine. He also stole a vehicle, failed to obey a lawful order, failed to obey dorm regulations and broke restriction.

It was discovered that Airman Junior used drugs after he tested positive during a random urinalysis.

Airman Junior admitted in his unsworn statement that he has a drug problem and needed help.

“He had three positive drug tests [one random, one based on probable cause and one based on consent]. Two [tested] positive for marijuana and one was positive for marijuana and cocaine,” said Capt. Chelsea VanBeusekom, 3rd Wing Legal Office and trial counsel on this case. “Airman Junior stated that the marijuana he had was laced with cocaine. He did not use the cocaine separately.”

In addition to the drug charges, Captain VanBeusekom said Airman Junior sold a car he owned to another Airman, but kept a spare set of keys. Airman Junior used the second set of keys to take the car off base without the current owner’s permission, disobeying the order

to stay in his dorm room between 9 p.m. and 6 a.m. Additionally, he violated a regulation by keeping a dog in his dorm room.

“This case was so egregious because Airman Junior didn’t just break the law on one occasion,” Captain VanBeusekom said. “He was initially ‘caught’ on a random UA. Even after he was ‘caught,’ the commander and [first sergeant] attempted to help him out. He turned his back on them and continued to commit a series of crimes.”

Senior Airman Kurtis Finkenkeller, 381st Intelligence Squadron, was found guilty on two Uniformed Code of Military Justice violations during a Jan. 6 summary court-martial.

He stole an amplifier out of a vehicle in a dorm parking lot and then lied about who owned it, said Capt. Matthew Hill, 3rd Wing Legal Office and prosecutor for this case.

Airman Finkenkeller was sentenced to 30 days confinement, forfeiture of two-thirds pay for one month and reduced to airman basic.

### Article 15s:

A staff sergeant with the 3rd Medical Operations Squadron was derelict in the performance of his duty by willfully failing to remain in his vehicle when told to do so by a law enforcement official. The Airman also resisted apprehension, assaulted the official, and used pro-

fane language towards the official. His punishment was a suspended reduction senior airman, forfeiture of \$300 pay for two months and a reprimand.

A staff sergeant with the 962nd Airborne Air Control Squadron was derelict in the performance of his duties by willfully failing to provide a certificate of training and failing to pay debts of \$600 and \$315.72.

His punishment was a suspended reduction to senior airman, suspended forfeiture of \$938 pay, 30 days extra duty and a reprimand.

An airman first class with the 3rd Services Squadron received a vacation action for failing to pay a \$59 debt.

His punishment was 20 days extra duty.

An airman first class with the 3rd Component Maintenance Squadron was late to physical training and work. The member also failed his dorm room inspection.

His punishment was a reduction to airman, suspended forfeiture of \$323 pay and 14 days extra duty.

### Discharges:

An airman first class with the 3rd Aircraft Maintenance Squadron was administratively discharged for disciplinary infractions.

The member’s misconduct included one Article 15 for forc-

ibly confronting an NCO, underage drinking, and making a counterfeit copy of his line badge, one vacation of suspended punishment, and four Letters of Reprimand.

He received a general discharge.

An airman first class with the 3rd AMXS was administratively discharged for disciplinary infractions.

The member’s misconduct included one Article 15 for misusing his government travel card, two Letters of Reprimand and two Letters of Counseling.

His misconduct resulted in his general discharge.

An airman basic with the 732nd Air Mobility Squadron was administratively discharged for drug abuse, specifically marijuana.

The member’s misconduct included an Article 15 for drug abuse.

His misconduct resulted in his general discharge.

An airman with the 3rd EMS was administratively discharged for disciplinary infractions.

The member’s misconduct included one Article 15 for failing to maintain automobile insurance and willfully failing to stop at a posted stop sign, and three Letters of Reprimand.

He received a general discharge. *(Information courtesy of the 3rd Wing Legal Office)*



# Military members jump in to fight cancer



PHOTO BY AIRMAN JONATHAN STEFFAN

Clockwise from above: Led by Master Sgt. Jeffrey Manley, the U.S. Air Force Band of the Pacific's Alaska Brass prepare to jump into the 33 degree waters of Resurrection Bay for the 21st annual Polar Bear Jump off in Seward, Alaska.

(Left to right) Tech. Sgt. Sam Cliff, Capt. Matt Henry, Senior Master Sgt. David Long and Sergeant Manley of the U.S. Air Force Band of the Pacific prepare themselves for the cold water.

Sergeant Manley is helped out of the water by Seward firefighters. Spectators gather behind the sign to watch people jump into Resurrection Bay.



PHOTO BY SENIOR AIRMAN GARRETT HOTHAN

By Senior Airman Garrett Hothan  
3rd Communications Squadron

Elmendorf Airmen get involved in the community in many ways. Youth mentoring, donating resources to charities, or providing free services to the needy are just a few ways Airmen give back.

Saturday, some gave back during the 21st annual Polar Bear Jump Off in Seward, Alaska.

More than 100 people, including four Air Force Band of the Pacific members, willingly jumped into the snow covered waters of Resurrection Bay to help fight cancer by raising money for the American Cancer Society.

A heavy snowfall blanketed the crowds of cheering people watching the spectacle.

"This is my third year participating in the jump off," said Master Sgt. Jeffrey Manley, Alaska Brass member. "It's not as cold this year as it was two years ago."

Senior Master Sgt. David Long, band manager, while waiting for his turn to jump, pulled up the back of his jacket to show off his Air Force shirt reading "Aim High." His enthusiasm for the approaching dip in Resurrection Bay clearly showed.

"I checked with Tricare before signing up for the event. They assured me that I was covered," he said smiling.

Capt. Matt Henry, Sergeant Long, Sergeant Manley and Tech. Sgt. Sam Cliff soon found themselves walking down the docks to a red pedestal at the end of the pier. With a hearty battle cry, the four bandsmen leaped into the 33 degree water one at a time. After jumping, the throng of screaming spectators cheered for the bandsmen. They then made their way to a ladder that would lead them up from Resurrection Bay to the docks above.

The four attempted to dry off what they could of their soaked clothing in the low 20-degree temperature before covering up with dry clothes. Quickly ushered on by the cold air, the Airmen headed to a warm area, but not before giving off a few more burly cheers to the crowds.

People interested in taking the plunge for cancer in 2007, must sign up in August.

The Airmen raised \$560 for the American Cancer Society.

For more information, visit [www.sewardak.org/news-events/polarbear.htm](http://www.sewardak.org/news-events/polarbear.htm).



PHOTO BY SENIOR AIRMAN GARRETT HOTHAN



PHOTO BY AIRMAN JONATHAN STEFFAN

## New gate hours

The new base gate hours are:  
**Muldoon:** 6 a.m.-10 p.m. daily  
**Boniface:** 24 hours daily  
**Post Road:** 6 a.m.-7 p.m. daily  
**Bluff Road:** 6 a.m.-8 p.m. daily  
**Visitor Center:** 24 hours daily  
**Government Hill:** closed

For more information, call 552-5988.





# Tops in Blue rocks Talkeetna theater



PHOTOS BY STAFF SGT. SUELLYN NUCKOLLS

Clockwise from top left: Tops in Blue singers Staff Sgt. Cetericka Lomas (sitting), Ft. Meade, Md., and Staff Sgt. Fernando Alejandro, MacDill Air Force Base, Fla., perform for the crowd at the Talkeetna Theater Jan. 20. Tops in Blue is the Air Forces' premier entertainment group. It is made up of active-duty Airmen from around the Air Force and is based in San Antonio, Texas.

Ken Walters, 3rd Mission Support Group deputy commander, installation, was pulled into the show by Staff Sgt. Terra Mason, Andersen AFB, Guam, during the performance Jan. 20. The group performed free shows for Elmendorf Airmen Jan. 20 and 21.

A group of Tops in Blue singers perform while the band plays in the background.

Senior Airman Aisha Smith, Nellis AFB, Nev., dances for the crowd. Tops in Blue has been performing worldwide for more than 50 years.

Tops in Blue performers sing and dance for the Talkeetna Theater crowd.

Senior Airman Gregory Butler, Langley AFB, Va., depicts the late Ray Charles as he performs one of his songs. Airman Butler said Ray Charles was a huge influence on him.

Cover: Senior Airman Brook Hoffman, Keesler AFB, Miss., sings to the crowd.







# Services Eaglet

"Telling the Services Story" in daily activities and special events for the Elmendorf community

## Sweetheart Brunch



10:30 a.m.-2 p.m.  
Feb. 12

Adults \$16.95, *Members First Price*  
\$19.95 Regular Price  
\$7.95 Children ages 6-12  
Free for ages 5 and under

Susitna Club  
753-3131

National Endowment for the Arts Presents

## Great American Voices

Military Base Tour

Free Musical by Young Performers  
7 p.m. Feb. 4  
Susitna Club

UNFORGETTABLE MELODIES FROM  
OPERA & BROADWAY

Made possible by  
BOEING

Dinner buffet available 5:30-8 p.m.  
For details, call Arctic Oasis, 552-8529

Want to feel safer? More confident?

### Self Defense Key Chain



noon-2 p.m.  
Feb. 4  
Youth Center  
552-2266

This unique course is open to ages 12 and older, no experience necessary. All participants will receive a key chain. \$35 per person. Register at the Youth Center. Instructors welcome.

3RD  
SERVICES  
Troops Support & Community Service



## Valentine Balloon Bouquets

Treat that special someone to a balloon bouquet made of specialty mylars and coordinating latex

The Ballooney Bin is located in the Arctic Oasis Community Center, 552-8529



### Today

#### Community Helper's Lunch

11 a.m.-noon, Sitka Child Development Center, 552-6403

**Fun Friday** 6-8:30 p.m., \$7, Youth Center, 552-2266

**RC (Rajun Cajun DJ)** 9 p.m.-3 a.m., 18 and older, Kashim Lounge, 753-6131

**Night Hoops** 8:45-11:30 p.m., Young Adult Center, 753-2371

**Southern Barbecue Buffet** 5:30-8:30 p.m., \$8.95 *Members First* price, \$11.95 regular price, children 6-12 eat for \$4.50, 5 and under free, Susitna Café, 753-3131

**Hula Lessons** 4-5 p.m., ages 4 to adult, Arctic Oasis, 552-8529

**Open Bowling** 5 p.m.-1 a.m., \$2.75 per game, \$1.75 shoes, children's sizes 13 and below are \$1.25, Polar Bowl, 552-4108

**Viva Kashim Fiesta** 6 p.m., visit fiesta food stations, play games and win prizes with the Armed Services YMCA, Kashim Club, 753-6131

### Saturday

**DJ with House Band** 7:30-11:30 p.m. at The Cave, ages 13-18, Young Adult Center, 753-2371

**Xtreme Bowling** 9 p.m.-1 a.m., \$18 includes shoe rental, Polar Bowl, 552-4108

**Hip Hop and Jazz Classes** 10-11 a.m., ages 4-18, Arctic Oasis, 552-8529

**Kids Corner "Candle Art"** 1-3 p.m., \$15, ages 3-10, Arts & Crafts Center, 552-7012

### Pottery Sculpting and Hand-

**Builders Club** 10 a.m.-2 p.m., \$12.50 per day, beginners welcome, Arts & Crafts Center, 552-7012

**Membership Mania** 2-for-1 Dining, Susitna Café, 753-3131

**Karaoke** 9 p.m. Saturdays, Kashim Lounge, 753-6131

**Surf-n-Turf Specials** 5:30-8:30 p.m., Susitna Café, 753-3131

### Sunday

**Beginner Cross-Country Ski Lessons** 1 p.m., \$5 or free if skis are purchased or rented for the season, Outdoor Recreation, 552-2023

**Family Xtreme Bowling** 1-8 p.m., \$30 for up to six bowlers, shoe rental, two hours, two pitchers of soda and popcorn, Polar Bowl, 552-4108

**Sunday Brunch** 10:30 a.m.-2 p.m., \$16.95 *Members First* price, \$19.95 regular price, \$7.95 for children age 6-12, 5 and under free. Senior airmen and below receive a 25 percent discount with their club card, Susitna Café, 753-3131

### Monday

**Senior Airmen and Below Special** 5-9 p.m., 50 percent off bowling and shoes. If the military member is deployed, the family can still participate, just bring a copy of the orders, Polar Bowl, 552-4108

### Tuesday

**Bowler Appreciation Night** 5-9 p.m., \$1.75 per game and \$1.75 for shoe rental, Polar Bowl, 552-4108

**Yoga Classes** 10-11 a.m., \$40 per

month, ages 13 and older, Arctic Oasis, 552-8529

**Tang Soo Do Martial Arts Classes**, assorted times for ages 3 to adult, Youth Center, 552-2266

### Wednesday

**Wednesday Night Madness** 5-9 p.m., \$18 per lane, up to five bowlers, shoes not included, Polar Bowl, 552-4108

**Beading Class "Earrings"** 5:15-7:15 p.m., \$25, supplies provided, Arts & Crafts Center, 552-7012

**Ceramics Pouring Certification** 6:30-9 p.m., \$25, first piece free firing, Arts & Crafts Center, 552-7012

**Alternative Sports – Dodgeball** begins, 4-5 p.m. Monday, Wednesday and Friday, Youth Center, 552-2266

### Thursday

**Red Pin Bowling** 5-9 p.m., get a red headpin strike and receive a free game, Polar Bowl, 552-4108

**Morning Coffee Conversation** 10:30 a.m., book club for spouses of deployed members, Arctic Oasis, 552-8529

**Yoga Classes** 10-11 a.m., \$40 per month, ages 13 and older, Arctic Oasis, 552-8529

**Tang Soo Do Martial Arts Classes**, assorted times for ages 3 to adult, Youth Center, 552-2266

**Couple's Night** 5-9 p.m., couples receive a complimentary lift ticket with the purchase of an \$8 all-hill lift ticket, both parties must be present at time of purchase, Hillberg Ski Area, 552-4838

### Making Cards for Deployed

**Troops**, Katmai CDC and Part Day Preschool, 552-2697

**Beginner Stained Glass** 6:30-9 p.m., also Feb. 9, 16 and 23, \$85, \$45 studio time, limited to eight people, limited supplies provided, Arts & Crafts Center, 552-7012

**Pottery on the Wheel Glazing and Orientation**, 6:30-8:30 p.m., also Feb. 9, 16 and 23, \$45, limited to three people, Arts & Crafts Center, 552-7012

### Feb. 3

**Making Cards for Deployed Troops**, Katmai CDC and Part Day Preschool, 552-2697

**Beginner Sewing "Easy Does it Learning"** 6:30-9 p.m. Feb. 3, 10, 17 and 24, \$35 plus kit, bring sewing machine, limited to six people, Arts & Crafts Center, 552-7012

**Free Lift Tickets for Dorm Residents** 5-9 p.m., Hillberg Ski Area, 552-4838

**Snowmachine Trip** 5 p.m., Hillberg Ski Area, 552-4527

**Give Parents a Break** 7-11 p.m., call for reservations, Denali CDC, 552-8304

There will be no movie showings at the Talk-eetna Theater, due to ongoing renovations.



# Combatant Commands

By Capt. Tony Wickman  
71st Flying Training Wing Public Affairs

## Across

1. MDs’ workplace  
4. \_\_\_\_ Victory, Iraq  
8. Dwindle  
11. Guns the engine  
13. Shaft  
14. Part of NORTHCOM’s AOR  
15. Help a criminal  
16. Upswing  
17. Vehicle  
18. Florida key  
20. Org. for freight movement under 54 Down  
22. COCOM with Honduras in AOR  
25. Entertain  
29. Actress Lansbury  
30. Blossom  
32. “Backbone” of the military  
33. Homer Simpson expression  
34. “Mona \_\_\_\_”  
35. Hubbub  
36. COCOM with Afghanistan in

S	C	A	M			M	A	N			C	C	C
T	H	R	O	B		A	D	A	M		H	A	H
R	A	R	E	R		R	O	T	E		I	P	O
E	P	A			E	A	S			A	L	A	S
A	P	I			A	C	H	E		D	E	N	T
M	I	G			K	H	A	N		S	A	T	A
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					C	O	L	U	M	N	S		
	L	A	S	H			R	E	A			T	A
L	A	P	T	O	P		E	R	N	S		E	L
E	U	R	E	K	A		D	E	N	T		R	A
G	R	O	P	E	R		D	Y	E			R	B
	E	P	O			K	I	W	I		P	L	E
	L	O	U			S	L	O	T		S	E	L
	S	S	T			L	O	H			E	L	A

Jan. 20 solutions

- AOR  
39. Golfer Michelle  
42. Mocks  
43. Pay during PCS  
46. Time zone for NORTHCOM HQ  
47. Delirious  
48. Relating to the eye  
51. Curtain  
53. COCOM with responsibility for ICBMs  
55. USAF PME  
57. Satellite path  
58. Precursor to 53 Across  
60. Ancient Peruvian  
62. Lease  
65. Bother  
66. Singer Celine  
67. After school snack  
68. Award above AFAM  
69. Big trees  
70. Sault \_\_\_\_ Marie

## Down

1. Epoch  
2. Johnny \_\_\_\_; CSA soldier  
3. Willowy  
4. Freight; items moved by 54

- Down  
5. Doctrine  
6. Professional soccer org.  
7. “The Whole Nine Yards” actress  
8. COCOM with Germany in AOR  
9. Scouting org.  
10. Prohibit  
12. “60 Minutes” anchor  
19. Indianapolis dome  
21. Woman’s courtesy title  
22. Dejected  
23. Lennon’s lady  
24. Expression of disgust

	1	2	3			4	5	6	7		8	9	10
	11			12		13					14		
	15					16					17		
			18		19				20	21			
22	23	24								25		26	27
29								30	31			32	
33							34					35	
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39	40	41		42								43	44
46				47					48	49	50		
51			52				53	54					
			55		56		57						
	58	59			60	61				62		63	64
	65				66					67			
	68				69						70		

26. German conjunction  
27. \_\_\_\_-fi; movie genre  
28. Eternity  
30. Pen maker  
31. Troop entertainment org.  
34. Air Force O-1s  
36. Desert transport  
37. Environmental org.  
38. Homer’s neighbor  
39. Mission area of 53 Across  
40. Mission of U2s, Global Hawk  
41. Seventh letter of Greek alphabet  
43. Kindness  
44. Mekong River denizen

45. Limb  
48. Sphere  
49. City in 36 Across AOR  
50. States  
52. COCOM with China in AOR  
53. COCOM manned by SEALs, Rangers, PJs  
54. Unified Command responsible for air and sea lift  
56. Object surface  
58. Threat to aircraft, in short  
59. Commercials  
61. Zero  
63. Clear, as in pay  
64. Tic-tac-\_\_\_\_





# Temporary Fitness Center offers massage therapy

By Senior Airman Jared Marquis  
3rd Wing Public Affairs

Are the stresses of the job creating tension? Has a recent slip or fall on the ice got the muscles aching?

Massage therapy may be just what it takes to relieve that tension or soothe those aches.

Located in the temporary Fitness Center, across from the People Center, massage therapy is one of the programs that is still available.

“Massage therapy has always been one of the most natural and instinctive means of relieving pain and discomfort,” said Sherie Crosby, a licensed massage therapist at the Fitness Center. “Massage enables individuals to maintain good physical condition and health by normalizing and improving muscle tone, promoting relaxation, stimulating circulation. It also produces therapeutic effects on the respiratory and nervous systems and the subtle interactions among all body systems.”

Mrs. Crosby, who spent about 500 hours learning massage therapy, has been a LMT for about two and a half years and began working at Elmendorf in July 2003.

According to Mrs. Crosby, a first time client will start by filling out a Client Intake Form. This form includes questions that address health concerns, medications and life issues. Once the questionnaire has been filled out, a client interview will take place to determine a treatment plan, and to discuss whether an approach will be beneficial or whether it will be harmful (contraindications).

“Basically, there are two types of contraindications, general: do not massage, and regional avoidance: do not massage particular area. In some instances, massage should be used with caution, usually requiring supervision from appropriate medical or supervising personnel,” she said. “The massage professional also needs to be aware of the client’s medications. For example, massage may interact with a medication’s desired action and some medications can inhibit sensation.”

Once the treatment plan is determined, then the client is instructed on disrobing; only removing the amount of clothing that is necessary, or comfortable for the treatment, she said.

After the procedure is fully explained and any questions are answered, the therapist will leave the room to prepare for the massage while the client gets ready.

Once everything is ready, the LMT will position the client for the massage.

“The positioning of the client on the table depends on what will work best for all concerned,” said Mrs. Crosby. “There are four basic massage positions:

face up, face down, side-lying and seated.”

“The client will be positioned on a clean massage table draping. The draping on the massage table is used to maintain the client’s privacy and sense of security, and also to provide warmth,” she said.

During a massage, the client can often expect soft background music and dim lights to help them relax. A lubricant is also used to ease friction on skin. The lubricant is usually a non-scented hypoallergenic formula specifically for massage therapy treatments.

“During treatment, the client is advised to give feedback as to their comfort and tolerance to the pressure being applied,” said Mrs. Crosby.

“The client must communicate with the therapist about any discomforts. Different pressures may be used for each treatment. For instance, a relaxation massage is exactly that - a massage that relaxes the client. On the other hand, a deep tissue massage may consist of releasing muscle adhesions, which may cause an uncomfortable feeling of release followed by a freedom of movement to the afflicted area.”

Once the treatment is complete, the client may rest a few minutes. Then the LMT will leave the room so the client can get dressed.

“Many times there are questions or comments that concern treatment. Future appointments are made when an ongoing treatment plan is made,” said Mrs. Crosby.

The Fitness Center has three LMTs who offer a variety of different therapies. Besides Mrs. Crosby, Michelle McElroy and Jeanette Stack offer the therapy.

The cost of massage therapy is: \$30 for a 30 minute session, \$50 for a 60 minute session and \$75 for 90 minutes.

Appointments are available daily beginning at 10 a.m. and ending in the evening. Anyone interested can call the Fitness Center at 552-5353 to schedule an



PHOTOS BY SENIOR AIRMAN GARRETT HOTHAN

**Sherie Crosby, Fitness Center licensed massage therapist, works on a client. Massage therapy is offered daily at the Fitness Center.**

appointment.

Mrs. Crosby said, “I made a conscience effort to pursue my career serving military members. I’m sure my therapist colleagues would agree, we are honored when we have the opportunity to work on members of the military and their families. These are stressful times, and keeping physically ready for duty, leaving the home and loved ones, or dealing with home while someone is deployed are stressful situations on many levels.

“Whether seeking a way to alleviate pain or reduce stress, I encourage anyone to use massage therapy in the process of staying healthy.”

## Sport Shorts

### Hillberg Ski Area

Hillberg is open for skiing and snowboarding. Conditions are good with hard packed, groomed trails.

In addition, the snowmachine trails are now open.

For information, call 552-4838.

### Soccer coaches needed

Soccer coaches are needed for the upcoming youth soccer season. The season starts Feb. 14 and practices are scheduled to start Monday.

For more information, call Marlin Smith at 552-2266.

### Beginner cross-country ski lessons

Outdoor Recreation is sponsoring beginner ski lessons at 1 p.m. every Sunday. The lessons cost \$5 or are free with the purchase or season rental of skis.

For more information, call Outdoor Recreation at 552-2023.

### Eagle River High School boys basketball

Feb. 3 is Military Appreciation Night at the Eagle River High School boys basketball game

against Bartlett High School.

The game begins at 9:30 p.m. at the Eagle River High School. There will be a raffle for a 10-weight custom-made fly-rod. Tickets cost \$2 each, but can be purchased two for the price of one by military members and dependents.

For more information, call Capt. Todd Carlson at 551-4109.

### Hip Hop and Jazz classes

The Arctic Oasis sponsors Hip Hop and Jazz classes from 10-11 a.m. every Saturday. Participants must be ages 4-18.

For more information, call 552-8529.